

◆◆ Express

Newsletter of the Western Region,
Central Division, National Ski Patrol System, inc.



Fall 2010

Be Informed....Get Connected

In This Issue

Around the Region.....	1
From the desk of JT.....	2
OEC Administration.....	3
Coming Soon!.....	3
Update from Welch.....	4
Spirit Award.....	4
Speaking of History.....	5
Thanks from Jeannine.....	6
Awards Information.....	6
Nordic Refresher Info.....	7
Instructor Development.....	7
Mark Your Calendars.....	8
Doing What We Love.....	8
Seminar Information.....	9
Changes in SES/TES's.....	10
Nordic Needs and News.....	11
Final Tidbits.....	12

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Editor: Alane Lucht
dralucht@hotmail.com

Webmaster: Roger Petry
rpetry@d.umn.edu

Around the Region Lots of exciting changes...

First off let me say 'hi!'



Allow me to introduce myself. My name is Alane (I pronounce it A-LA-NA, my parents have apologized for doing that to me). Anyway, I patrol at Afton Alps and was asked by JT to edit the newsletter. Maggie and Mike Herman did a great job for a couple of years and were ready to pass the torch. So, here I am hoping to deliver a fun, interesting issue to you twice a year, keeping you informed of all the events at our area hills. I look forward to meeting you at one of the divisions many events this ski/board season.



This issue is geared toward skill enhancement, so when you're done reading, check out the Region's website at

www.nspwr.org

There are plenty of learning opportunities this season to add to your bag of tricks: become a Nordic patroller, increase your ski/board skills at an SES (ski enhancement seminar), improve your toboggan handling at a TES (toboggan enhancement seminar) or take your patrolling to the next level by going for Senior or heck...how about Certified?

Here are just a few of the up-coming events (see pg 9 for full details)

Dec 4-5 Sat-Sun Central Division Ski Trainers Workshop (STW) at Trollhaugen.

Jan 8-9 Sat-Sun Central Division Nordic SES - [Minocqua Winter Park](#)

Jan 10 Mon Central Division Nordic Telemark Clinic - [Indianhead,](#)

Bessemer - Wakefield, MI

Jan 22-23 Sat-Sun [Skiing Enhancement Seminar](#) (SES) - Buck Hill

From the desk of JT

We are off to a great start of the 2010 -2011 season. The season started off with the Western Region hosting the Central Division meeting. I want to thank the Three Rivers Ski patrol for pulling this event together with the help of many other patrols in the Region. I know Afton, Buck and Welch ski patrols also helped organize this event. Thank you to everyone who helped make this a great event, for the donations, and for the door prizes.

Then, it was off to Detroit Lakes for the Region meeting. Thank you Northwest Nordic patrol for hosting this event. Next year's Region meeting will be hosted by Spirit Mt. As always, we are looking for new ideas for classes and presentations. If you have an idea, please pass it along.

As with every year, the Region calendar gets filled with Enhancement Seminars, senior-level training, testing, the Birke, and other events. Take a look at the Region calendar and see what event or events you would like to sign up for to improve your skills. If you see an event that doesn't match your calendar, e-mail or call the advisor and see what can be scheduled. All you need is 6 other patroller friends for an event or class and the advisor will work with you to make the event happen.

Trollhaugen Ski area will host one of the three Division STWs again this year. It is scheduled for the weekend of December 4 and 5th. The Division web site has the registration information <http://nspcentral.org/alpineapp.php>. The list of sessions are as follows: Toboggan Instructor Refresher, Senior Alpine Evaluator Calibration Clinic, Intro to Snowboarders (1st timers to snowboarding), Ski and Snowboard Enhancement (SES), PR/PD Roundtable with the Division Director (at no charge), Accredited Senior Alpine Evaluator (ASE) exam, or Prep/Clinic. Check it out. If you have never attended an STW before, it is well worth your time and energy. I have always taken something away from the weekend.

The Western Region is hosting the Central Division Certified Exam at Lutsen Ski Area March 3-5. If you would like more information on the Certified Program, give Terry Spohn a call or e-mail. You can find his information on the Region web site under the Support Staff tab.

In closing, I challenge you to pick a ski, toboggan or OEC skill to improve on this season. Make a commitment to yourself to improve. The skiing public and area owners expect excellent skills from each and every one of us.

So sign up for a class or enhancement seminar and make the commitment.



That *WAS* your warm up. It's time to start.

Hello everyone! Refreshers are finishing up in the next few weeks and we're getting ready for the big show (snow)! This is the time of year that ski patrollers annoy their friends by constantly posting the snow forecast on their Face Book.

Are you ready for the first accident of the season? I'd encourage you to pull out your OEC manual and take another pass through it. Is it the current edition or does it have black and white drawings? The 5th Edition will be coming out early in 2011. Start putting aside the money you spend daily on that soda or latte so you can buy the latest information. While the basic human anatomy and physiology hasn't changed in the last thousand years, we owe it to our patients and our fellow patrollers to stay up-to-date on OEC information. OEC over the years has evolved to become more than just bandaging and splinting. Come to an OEC class and you'll see!

Have you thought about skills to improve for this season?

The dates and information about the Senior Emergency Management pre-courses and final are now on the Region calendar. Think about your path to continued education in ski patrolling. Or, if you're not ready to take the plunge, volunteer to be a helper or patient at the events. It's a great way to build a better understanding of what the Senior Program is all about – for you.

What about looking at becoming an Instructor? Every year, because of various reasons, about 1/3 of our current Instructors decide not to re-certify. Your Region OEC team is working on ways to make the Mentoring program more efficient, to turn out Instructors that are prepared to not only teach the OEC skills, but to become a better resource for their patrols. Most Instructors will tell you that this is how they can constantly be tuned in to their patrols and to improve their skills.

I look forward to skiing with you this season!

Sue Hayes

Region OEC Administrator

Check out www.nspwr.org for a complete list of upcoming events

Coming Soon!

The new 5th edition OEC manual and its companion materials will be released during the first quarter of 2011. More information will be provided as it becomes available. As the refresher season winds down, a big thank you goes out to all of our wonderful OEC instructors and IT's. Thanks for providing us with well-planned and informative refreshers.

As you look forward to the upcoming ski season, please consider participating in the senior program. Whether you are a potential candidate or returning as a helper, **we want you**. As senior candidates we learn and enhance our leadership, problem solving, and decision making skills. We challenge our scene management skills. For those interested in helping, we'll have a job ready for you. Every job is important, and vital to the success of the Senior Emergency Management program.

Pre-courses are scheduled for Jan 29, and Feb 12

The evaluation is scheduled for March 12, 2011

The deadline for Candidate registration is December 15th

Kathy Glynn, Central Division Assistant OEC Supervisor

A Season of Change at Welch Village

By Chip Kurt, Patrol Director

The 2010-2011 ski season promises to be one of change and excitement at Welch Village. After a unique marketing campaign, the area sold over 18,000 season passes, surpassing managements most optimistic projections. While the numbers of anticipated guest visits is exciting, a staggering amount of planning and preparation has been necessary by Area Management, the Welch Ski School and our Welch Village Ski Patrol. A series of meetings to discuss logistics has taken place through the summer and fall involving all three groups. Topics ranging from parking and food service, to lift line management, ski rentals and crowd control have all been debated and vetted.

In addition to logistics planning, Welch is also installing a new quad lift, which will serve the West Side of the area. This brings to five the number of quads at Welch, and is the third installed in the last four years. Regardless of the crowd, our lift lines should be very manageable with this new up-hill capacity coming on line.

The WVSP has taken several pro-active steps ourselves to prepare for what will be a very exciting season. After a very successful inaugural season last year, we are expanding our 'Mountain Host' program this season to up to 10 participants. Our Mountain Hosts serve a variety of auxiliary duties, including crowd and accident scene control, lift line management and equipment handling. Our first group contributed greatly to our weekend shifts last year, and several are now planning to take OEC next year and complete candidate training. As we move forward with this program, we anticipate it will not only serve the immediate needs of our patrol by adding additional hands where needed, but will also become an important feeder to our pool of potential candidates.

Our Patrol is also instituting a mandatory program of ski skill enhancement for our patrollers. This program will be administered by our NSP-C certified trainers, and will address the needs we now face due to the advanced terrain presented by our Back Bowl area, which opened fully last year. We're excited by the opportunity this program provides for our patrol and our overall level of skiing expertise.

The coming season promises to be one of excitement and learning for our patrol. I invite you to visit us and enjoy all of our terrain, and new lifts! Have a great season!

Chip Kurt
Patrol Director, Welch Village Ski Patrol

Spirit Patrol Receives Grandma's Marathon Award of Excellence.

The Spirit Mountain Ski Patrol received Grandma's Marathon Award of Excellence. The award was presented to the patrol at the annual Verizon awards ceremony following the June event.

Grandma's Marathon, a major summer attraction in Duluth, is nationally one of the top ten marathons in the country. The ski patrol, as members of the Medical Team, patrol the finish line and runner's recovery area assisting runner's in need of transportation to the medical tent.

The award recognized the patrol's 30 year volunteer commitment to the marathon. This year an invitation was extended to other Section 2 patrollers to participate. Each year 20+ patrollers staff the finish line and aid stations along the 26.2 mile course.

Patrollers Ron Sluka, Dan VanReese and Jim Gears were present to accept the award.

Ron – our liaison to the marathon – presented the award trophy to the patrol during our annual refresher.

Jim Gears



Thoughts on History**From Mark Gottwald**

While I am writing this I am on a trip in the east. I've had the chance to walk the Freedom Trail in Boston and spend some time in the old section of Quebec City and have enjoyed it immensely. I also drove to the top of Mt. Washington in the White Mountains in New Hampshire, toured through the Green Mountains and spent a night at Lake Placid. After the mid October Nor'easter there is snow on top of the mountains and it looks great to me. So you may be asking what does that have to do with the upcoming ski season?

There is so much history of skiing out in these mountains that you almost take it for granted. While driving I notice there are a lot of areas that you can still pick out on the hillsides, but the areas are no longer open. If you look, the chair lines are still there but filling in with trees. We can see this as well in the Western Region. Telemark, Sugar Hills, Birch Hill, and Frontenac are all history.

As patrollers we can have an effect on the viability of our home areas. We refresh every fall for OEC, lift evac and transportation. This year what we need to do is refresh our enthusiasm for skiing and toward the people doing it – especially the beginners.

The reality is the skiing public is aging. There are not as many recruits (beginners) as retirees. Young people have many other options for recreation; skiing can be a hard sell. Studies show that if a person skis or boards 3 or 4 times they could be hooked for life. To get these people hooked, they need to have positive experiences. We can help provide that positive experience. Stopping to offer directions or take a group picture go a long way. Helping a beginner up and on to appropriate terrain can help. Suggesting ski lessons is a real positive for those who want to enjoy skiing or riding sooner. Be an ambassador for the patrol, your area and the ski industry.

The cost of running a ski area rises every year. However, raising ticket prices during an economic downturn can kill an area quickly. If we don't want our areas to become history lets be extra friendly and helpful to all customers – especially the beginners.

I do prefer the living history like Whiteface at Lake Placid rather than the grown over ghost areas that still can be seen. I am going to try my hardest to be a friend to any skier who needs help or just offer friendly advice. Remember positive experiences bring lifetime enthusiasts. That is what is essential for the future of our ski areas and the ski industry.



Speaking of History...

**Looking Forward:**

We would like to take this opportunity to thank everyone for the great experience we had editing the Double Black Diamond Express the past three years.

Best wishes for a Great season!

Maggie and Mike Herman – Welch Village Ski Patrol

Thank You
Maggie and Mike for a job well done.



This fall, the Western Region hosted the Central Division NSP meeting. It was educational and fun! Patrollers learned the latest news from the NSAA and the NSP, completed training in low angle rescue and Instructor Development, enjoyed a wine tour and motorcycle trip, and celebrated our accomplishments at an award's banquet.

On behalf of the meeting committee, I want to thank all of the patrols and patrollers who helped make the meeting a success! The donations and hours of volunteer service were fantastic! Patrollers from around the Central Division commented that we "set a high standard" for the meeting. It could not have been done without all of you.



You all are what make this region so special.

THANK YOU!!!! *Jeannine Mogan*

A Little Help for Awards Writing!

Another Fall Western Region Meeting and Awards banquet has passed, and the Western Region was again represented with a terrific group of award winners. Last year's Outstanding award winners received their permanent plaques. This year's award winners were announced and received the traveling trophies to display for the season. Congratulations to both groups on your accomplishments!

I am looking forward to my new role as Western Region Awards Advisor. Serving on the Awards Committee has been the most satisfying task of any I've done in the National Ski Patrol (NSP). I have over 20 years' experience writing awards for four different local patrols and have sponsored nominations for patrollers who are not members of my local patrol. I've served on the Region Awards Committee as a Section Representative, Section Chief (SC), and Assistant Region Director (ARD) and had the privilege of being a Division Judge for one season. With this experience, I feel that I can help you present the best nomination possible with the greatest chance of success at the Region, Division, and National levels.

This leads into the next topic—this year's nominations. Now is the time to think about the Outstanding nominations being submitted by your patrol. You should be collecting the facts and information to be included in the nominations. I have always believed that the Outstanding nominations are an iterative process requiring several reviews to insure all the dates are right, spelling is correct, and all the polish that could be added is included. Those little details make a huge difference. If you wait until the week before the nominations are due, the chance that something is in error only increases.

Here are some tips that will help:

1. Proof read, Roof read, Proofread. Have someone else Proofread.
2. Use acronyms sparingly. When you use them, be sure to define them the first time they appear in your document.
3. Proofread again.

When signing the original nomination form and support letters use an ink pen with color other than black. This makes the originals easily separated from the copies.

Please feel free to contact me at any time with questions about the awards you are currently working on.

Martin Fahje

Nordic Refreshers and Workshops

by Peter Wollan

The annual Trail Refresher is something we all do. Its main function is to remind everyone how things are done locally, including all transportation options. The Refresher is also an opportunity to improve ski technique. Is there someone on your patrol with PSIA or race training, who can give you feedback on technique? Can you get a video camera to record patrollers as they ski? Often, people discover through video they aren't skiing the way they think they do. Also, don't forget conditioning drills.

A side point: Is the person who runs your Trail Refresher up to date as a Nordic Ski and Toboggan Instructor? If not, contact me to get that fixed.

Another resource for classic, skate, and telemark ski technique is the Division Nordic Workshop January 8, 9 and 10 at Minocqua Wisconsin. Saturday is instructing and testing from us. Sunday is a group lesson from Dan Clausen, the pro at Minocqua Winter Park. Dan is an exceptional teacher. Monday we'll go up to Indianhead, near Bessemer for a day of telemarking with Dan.

Registration for the telemark clinic is separate, so it's \$25 for Saturday and Sunday and another \$25 for Monday. To help keep the cost reasonable, we've got a cabin at The Beacons in Minocqua, which has beds for 9 and floor space for more. Depending on how many stay there, it will be around \$25 per person per night. For those going up to Indianhead, we can stay with Bill and Melanie near Bessemer. E-mail me if you want to join us at either place.

Getting to Minocqua every couple of years is a great way to stay in touch with good ski form. If you can't come to Minocqua that weekend, consider setting up a Ski Enhancement Seminar (SES) near you. The past couple of years we've had SES's at Elm Creek and Giants Ridge. If you can get a group together, we'll bring the show to you.

But it starts with the Trail Refresher. Make it a good one!

Peter Wollan, Division Nordic Supervisor

peter.wollan@gmail.com

INSTRUCTOR DEVELOPMENT UPDATE

OCT 31, 2010

There was one Instructor Development Course held this Fall. This course was held in connection with the Central Division Fall Meeting on September 9-12, 2010. Ten candidates, of which five were from the Western Region, completed the course. This was the only class completed this Fall out of three that were scheduled. Two other courses were canceled due to low enrollment. Six candidates are needed to run a class due to economic concerns and class dynamics, and we were disappointed not to be able to hold those courses.

The Instructor Development Course is the required first step for anyone wishing to become an instructor in the disciplines of the National Ski Patrol. These disciplines are OEC, Mountain Travel and Rescue, Avalanche, Transportation, Skills Development and Instructor Development. We are always looking for Patrols to host the Instructor Development course. If your Patrol has candidates and wishes to host an Instructor Development Course please contact Bob Iverson (ivers043@umn.edu) to make the arrangements. Even if you don't have six candidates, we can open the course to the Region and possibly draw candidates from other patrols.

The time required for the course is eight hours, which can be completed in one session or in two sessions. The course covers a wide range of topics including how adults learn, human relations, class management, evaluation techniques, and lesson planning. The NSP education program is delivered mostly by volunteer instructors, so if you are at all interested in becoming one of those valuable volunteers, take the first step and enroll in the Instructor Development.

We are also happy to announce the Joe Kreitzer, from Trollhaugen, has recently been certified as an Instructor Development Instructor. The Instructor Development Program will benefit from his experience and expertise.

Welcome and Congratulations Joe!

Bob Iverson

Mark Your Calendar

The Western Region Meeting will be hosted by the Spirit Mountain Ski Patrol the weekend of September 23-24-25, 2011. Board of Governors Meeting will begin Friday night at 6PM; all patrollers are welcome to attend. Saturday is the "Main Event"; committees are being formed, locations secured, ideas for the conference are being planned, hopefully creating a meeting with new and innovated topics along with the standards (OEC re-cert, avalanche, mountaineer, etc.). Sunday will be the Patrol Directors Breakfast; again all patrollers are invited to attend.

Fall is a wonderful time of year to come to Duluth; attend the conference and enjoy the change of season; visit the harbor or travel up the North Shore, activities are endless. PLEASE mark your calendars; we hope to see the familiar faces along with the new. Info will be forthcoming via the Region Website and emails.

Questions? please contact Cindy and Jim McLeod or Jim Gearn of the Spirit Mountain Patrol



Another Season of Doing What We Love....Riding the Slopes....Keeping it Safe

The end of our last article we stressed the importance of helmets. Many patrols are now requiring you to wear a helmet when you patrol if not REMEMBER 'PHAT' **P**rotect your **H**ead at **A**ll **T**imes.

**Safety as a National Ski Patroller is *FIRST*, for yourself then others;
remember you are an example for the skiing public.**



As long as we are on the topic of safety, can you recite the Ski & Snow Board Responsibility Code?

This is a partial list. Be safety conscious. Know the code. It's your responsibility.

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.

Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.



see you on the slopes,

Jim McLeod, NSP-C/PSIA Ski School Supervisor (also Central Division Assistant Transportation Supervisor)

Cindy McLeod, NSP-C/PSIA Ski School Assistant

Seminar Information

Tentative Seminars:

(Time and Date will be posted on WR website after confirmation from Patrol Representative)

SPiRit MOUNTain

LUTSEN

mt kato

BUck Hill

BUena Vista

COFFEE Mill

Ski GULL

CHRISTie MOUNTain

giants Ridge

**If you are interested in hosting an SES or TES at your hill contact us at
Cindy and/or Jim Mcleod at cjmcleod.umn.edu to set one up.**

Just as with TES's any patroller can attend any SES, the seminar does not have to be held at your hill for you to attend. There is a nominal fee for this course (reason for fee-PSIA instructors are needed, which is different for a TES) and comp tickets are usually issued. What a great way to ski other hills (a new challenge, new view), meet other patrollers (great interaction, friendships), and learn other hills protocols or techniques (adding tricks to your bag of learning tools, learning new skills). You will be getting a 6-8 hour lesson at these SES's.

What is involved in a Ski Enhancement Seminar?

Introductions

What do you want to learn or improve?

Group selection

Plan for the day

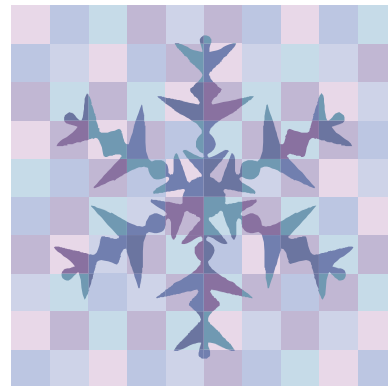
1. Set the Stage
2. Objectives
3. Guide the learning
4. Guided Practice
5. Summary
6. Evaluate Performance

Feedback

Review

Questions

Congratulations!



Remember the Ski Trainers Workshops (STW's) offered throughout Central Division.
Registration on Division and Region Websites.

December 4&5 @ Trollhaugen
December 11&12 @ Boyne Highlands
December 18&19 @ Cascade

Refining Our Focus...

Dave Bramel Toboggan Supervisor

Welcome to the new ski season! Last spring I humbly and respectfully accepted the post as Toboggan Supervisor for our great Western Region. Thank you Ron Sluka (former Toboggan Supervisor) and Cindy Mcleod (Assistant Toboggan Supervisor) for your mentoring and leadership this past year.

After countless discussions about the current program, elements and history we came to the conclusion that the Toboggan Enhancement Seminar (TES) had been used as a catch all for the other elements of the program. Although the “catch all” philosophy has merit as a one stop event, unfortunately it had abandoned those patrollers who wanted to simply work with toboggans in a non testing, non threatening workshop. So, refining our focus the toboggan program will be organized into 3 separate areas this season:

TOBOGGAN ENHANCEMENT SEMINAR (TES—ALPINE & NORDIC)

The goals of this course are to improve the toboggan-handling skills of NSP members, improve patroller image within the snow-sports industry, maintain interest in patroller education, and provide a valuable program for the industry. The participants will demonstrate the ability to identify personal toboggan-handling strengths and weaknesses, develop individual activities/exercises for continued improvement, and identify opportunities for additional training at the patrol level.

Prerequisite:	Current NSP member
Time commitment:	One day
Fees:	Western Region-none
Credential:	NSP Certificate of Achievement and Senior Elective Credit
Continuing education/refresher requirement:	None
Instructor of record:	NSP Transportation instructor
Required texts:	None
Recommended references:	<ul style="list-style-type: none"> • Outdoor Emergency Transportation(#500) • OET Instructor Guide(#508) • Alpine Toboggan Training Video

TES courses are open to the region population and can be taught by toboggan instructors! As an instructor you can register your TES at www.nsp.org

INSTRUCTOR CERTIFICATIONS

This element will focus on instructor certifications and re-certifications. This event can be scheduled for weekday evenings or weekends and led by a one of our Instructor Trainers (IT). Certs and Recerts will be organized geographically by need. A roster of IT's is available on the Western Region website.

SENIOR TRAINING

New this season we will be making information on senior training practice times available. Different from a senior pre-course these events are practice opportunities to work with region senior peers and instructors. I am asking our local Patrol Directors if their hills hold such events and would allow visiting senior candidates to attend, to please email me, Db Bram@aol.com and let me know when you conduct your senior training so I can make that information available.

Nordic patrolling for Alpine patrollers; could it work for you?

I'll just say it like it is.

We need more Nordic patrollers at our major x-c races, such as the Pepsi Challenge at Giants Ridge (Biwabik), Finlandia (Bemidji), Mora Vasaloppet, and the American Birkebeiner (Hayward, Wisc.) In fact, *we _really_ need* more patrollers at these races; especially at the Birkie.

Many Alpine patrollers enjoy x-c skiing. Nordic patrolling is simply another venue in which we can use our patroller skills, enjoy x-c skiing, and see some country! A number of our Alpine ski areas have x-c trails right alongside the ski area. I patrol at Giants Ridge and at Spirit Mountain. Both areas maintain groomed trails running through beautiful countryside.

Alpine patrollers have asked me if NSP would allow them to do some Nordic patrolling on x-c trails at their Alpine ski areas. The answer is "YES!" In fact, the NSP facilitates this at the patrol level and at the patroller level. The NSP Policies and Procedures manual provides for "dual" patrols; patrols which provide both Alpine and Nordic patrolling. Alpine patrols registering as "Dual" would retain their Alpine Section affiliations.

The Policies and Procedures manual has provisions which permit patrollers to have a secondary registration with another Patrol, or with the same Patrol. A patroller could enjoy a primary Alpine registration and a secondary Nordic registration (or vice versa) within the same Patrol! Unheard of? Not really.

The Giants Ridge Ski Patrol is primarily an Alpine Patrol, located within Section 2 of the Western Region (northeastern Minnesota). It also provides Nordic patrolling support to four Minnesota State High School League x-c races, and the Pepsi Challenge (part of the American Ski Marathon Series, and serves as a qualifier for the Birkie.) The Giants Ridge Patrol has both Alpine-only and Nordic-only patrollers. It has primary-Alpine patrollers who are also secondary-Nordic, and patrollers who are primary-Nordic and secondary-Alpine....and they all get along and patrol famously together!

Need another incentive?

Nordic patroller registrations qualify you for Pro-form discounts on Nordic equipment.

So, if your ski area and Patrol support the idea, consider a secondary registration within your current Patrol as a Nordic patroller (In no cases am I suggesting patrolling on x-c trails not managed by a ski area with an NSP ski patrol, or at events not patrolled by an established, invited NSP Nordic Patrol).

Would you like more information?

Please contact Roger Petry, your Western Region Nordic Supervisor at rpetry@d.umn.edu

Just Announced!!

Bob Iverson has accepted the position of Assistant Region Nordic Supervisor. Bob has been patrolling since 1990. He is currently a Nordic Senior with Viking Nordic, and has a secondary registration with Three Rivers as an Alpine Senior. Bob is also a PSIA Level 1 Nordic Track Instructor, and is our Region's Instructor Development Supervisor.

Congratulations!!!

Some Important Dates

Remember help is needed with Nordic race events and at the Senior Medical Pre-courses and Evaluation.

- December** 4-5 Sat-Sun Central Division Ski Trainers Workshop (STW) at Trollhaugen.
15 Wed **Senior Registration Deadline**
- January** 8 Sat Senior Nordic [Evaluation](#) - [Minocqua Winter Park](#) [Sign up on-line](#). Peter Wollan, Roger Petry
8-9 Sat-Sun Central Division Nordic SES - [Minocqua Winter Park](#) [Sign up on-line](#). Peter Wollan, Roger Petry
10 Mon Central Division Nordic Telemark Clinic - [Indianhead](#), Bessemer - Wakefield, MI
22 Sat [Pepsi Challenge](#) x-c (nordic) race Roger Petry
22-23 Sat-Sun [Skiing Enhancement Seminar](#) (SES) - Buck Hill
29 Sat Senior Emergency Management [Precourse](#) - Location Elm Creek.
- February** 12 Sat Senior Emergency Management [Precourse](#) - Location Mt. Kato.
13 Sun Mora Vasaloppet x-c (Nordic) race—Mora, MN
19-20 Sat-Sun Minnesota Finlandia x-c (nordic) race - Bemidji, MN
26 Sat [American Birkebeiner x-c \(nordic\) race](#) Interested in patrolling at this exciting race?
Check out the [Birkie Patrol Web site](#).
26 Sat Senior Alpine [Evaluation](#) - Giants Ridge., 8am - 4pm **Saturday - only if needed** [Sign up on-line](#).
27 Sun Senior Alpine [Evaluation](#) - Giants Ridge., 8am - 4pm **Sunday - priority date** [Sign up on-line](#).
- March** 3-5 Thur-Sat [Division Certified Evaluation](#) - [Lutsen Mountains](#) Lutsen, MN [Register on-line](#). Terry Spohn
12 Sat Senior Emergency Management (formerly Senior OEC) [Evaluation](#) - Spirit Mountain

On A Final Note



Go to www.NSP.org

Log-in using your NSP number and password, click on member resources and update your profile information.

Keep your info current to stay informed!

Have a great season and stay safe.